

News and Notes Friday June 2<sup>nd</sup>, 2023

Mosquitoes can spread diseases that make you sick. In Massachusetts, mosquitoes can give you the eastern equine encephalitis (EEE) virus or West Nile virus (WNV). Only a small number of mosquitoes are infected at any given time, so being bitten by a mosquito does not mean you will get sick. However, the best way to avoid both of these illnesses is to prevent mosquito bites. There are simple steps that you can take to protect yourself and your family from mosquitos, and the illnesses they can cause. Do these simple things:

Use insect repellents any time you are outdoors and wear long-sleeved clothing

Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season

Repair damaged window and door screens and remove standing water from the areas around your home. That prevents them from breeding.

So...we've already had questions regarding this years Farmer's Market Coupon program and no, we do not have any yet. Earlier this week, Mary Beth at Elder Services reached out with the following information;

They anticipate that the 2023 Farmers Market coupons will arrive at Elder Services by early July. They'll contact us to set up a time to drop them off and we'll let you know how and when you can come here to Harper and get them. The good news is that this year, the coupons have doubled in value: each coupon will be valued at \$5.00 and the booklets of ten (10) will be valued at \$50.00. That's good news, right? There are local Farmer's Markets who will double the value of these coupons which will enhance their buying power. We'll have more information for you when we get it, stay tuned!

Our friend Linda Cernik from the Northern Berkshire Solid Waste Management District has passed along a couple bits of helpful information regarding recycling efforts coming up in the next few weeks. There are three "Bulky and Electronics" recycling dates, all of them active from 8:00 am - 12:00 pm and all are Saturdays. The first is in Adams on Sat. June 24, 2023 at the old town landfill on East Road. Next comes a date in Lanesborough, at the DPW yard on Maple Court on September 19<sup>th</sup>, to be followed by a bulky and electronics day in Clarksburg at their DPW yard at 714 Cross Road on the 7<sup>th</sup> of October. Bulky is big junk, the stuff you can't toss in a compactor like couches and furniture. Electronics are printers, computers, phones, etc. But...not mattresses, that's a totally different issue.

There will be a Community Paper Shredding Event in September as well, more information to follow later in the summer.

They're also currently offering the Earth Machine, an 80-gallon home compost bin at a subsidized cost of \$25 per bin, while supplies last! Call Linda at 413-743-8208n for more information. I have one and it works!

The CHP Mobile van will be here at Harper from 1:00 to 3:00 on the afternoon of Wednesday June 7th and they are bringing the most recent Covid vaccine with them. CDC recently put out new recommendations for those 65yr+ or immunocompromised to get a 2nd bivalent booster to help build up their immunity. I emailed and left messages for them but as of this writing, I have not heard that there has to be registration so my guess is that it's a drop-in clinic.

Corrine Case will be back at Harper to lead a loss support group beginning Wednesday June 7<sup>th</sup> 3:00 to 5:30. We're following an established model of 6 weeks on, 6 weeks off and repeat. Loss can be anything that hurts whether it's the loss of a family member, a job, a relationship, a home, anything. You don't have to be bereaved to be feeling the effects of losing someone or something. There are others feeling similar emotions and you're not alone in this so reach out for information, if needed, 413-458-8250 and join us on Wednesday if you'd like to talk.

Finally, if you're interested or know someone who would be interested in being a knitting group leader here at Harper, let us know, 413-458-8250.

Have a great weekend!

Brian